Still hot at 40.

Fast Food Redefined

40 Years Ago Amana Invented a New Way to Cook

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Now that's clever.

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FAST FOOD REDEFINED
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AMANA CELEBRATES THE 40TH BIRTHDAY OF A NEW WAY TO COOK

When Amana invented the countertop microwave in 1967, who knew at the time that one day 95 percent of American homes would have one[1]? Today, the microwave is firmly established as a can't-live-without household appliance.

To celebrate 40 years of microwave cooking, Amana combed its archive for the all-time favorite microwave recipes it's collected over the years. *Fast Food Redefined: 40 Years Ago Amana Invented a New Way to Cook* lets you save more time than ever while exploring new and clever cooking possibilities and proves that microwaves can do more than reheat and defrost.

[1] SDA Cooking Habits and Practices, 2003

All recipes contained in this book were created and tested by the staff of the Amana Refrigeration, Inc.

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INTRODUCTION

1967 Amana® Microwave Oven

1967 **40 YEARS** 2007

MICROWAVE OVEN

The Amana microwave cookbook features everything from global dishes with intense flavors to traditional favorites that families have enjoyed for years. Many nostalgic recipes can be easily recreated using, at the most, seven to eight ingredients. These time-saving recipes are geared for today's busy lifestyles. For example, prepare an impressive meal of Hot Crab Dip, Oriental Pork and Baked Caramel Apples in minutes. All of the recipes contained in this cookbook were created and tested in 1000 and 1100 watt microwave ovens by a team of Amana trained professionals. For your convenience, we've also included clever tips, making the recipes easy to follow and prepare.

2007 Amana® Microwave Oven

MOUTHWATERING TIPS

Look for these icons throughout the cookbook to find helpful hints for making a delicious dish.

Cook's Tips

Amana tips make microwave cooking easy and fun. General Cook's Tips are offered at the beginning of each section to assist you with making amazing dishes.

Cookware Tips

Use microwave-safe dishes. Dishes made with non-metallic materials such as glass, glass-ceramic, paper or plastic are generally safe for use.

Use the recommended dish. Each recipe specifies a recommended dish size and type to ensure successful results.

Microwave Tips

Use the power level specified. Many foods cook well at full microwave power. However, some foods may cook better at lower power levels. All recipes specify the recommended power level.

Cover food to keep it moist and prevent spattering. Always use the type of cover recommended in the recipe. Glass and microwave-approved plastic wrap, vented on one corner, holds in the most moisture. Use waxed paper for a loose-fitting cover that allows some moisture to escape. Use microwave-safe paper towels to prevent sogginess on the bottom and moisture on the top of heated baked goods.

Timing Tips

Always cook food for the minimum recommended amount of time. You can always add more time if needed.

Adjust cooking time if you adjust the recipe size. When doubling a recipe, increase the cooking time by a little more than half the time called for by the original recipe. When cooking smaller amounts of food, decrease the cooking time by slightly less than half and check for doneness to see if more time is needed.

Ingredient Tips

Use the same type of ingredients recommended and measure carefully. Throughout the cookbook tips will recommend substitutions which will not alter cooking times or results.

APPETIZERS AND SNACKS

Crunchy Nibble Mix and Spinach Dip in Bread Boat

Whether you're planning the prelude to a complete meal or just want something to nibble on, it's easy to prepare appetizers and snacks in your microwave oven. With a variety of options ranging from Hot Crab Spread to Crunchy Nibble Mix, you can quickly satisfy any craving. Updated recipes featuring fresh and ready-prepared ingredients make preparation time faster than ever.

Cook's Tip

If you use a larger dish than what is recommended in a recipe, cooking time may be slightly less due to greater surface exposure to the microwaves.

Cook's Tip

Foods containing high amounts of fat or sugar heat very quickly.

CRUNCHY NIBBLE MIX

All snack-time favorites are combined in this crunchy snack mix. It's great to take along when heading out to watch a game or to share at a family picnic!

3	cups toasted corn cereal squares
2	cups popped popcorn
2	cups mini pretzels
1	can (11.5 oz.) mixed nuts
1/4	cup (1/2 stick) butter
2	tablespoons Worcestershire sauce
1	tablespoon seasoning salt
2	cups sweetened dried cranberries

1. Place clean paper towels over large cooling rack; set aside. In large 2-1/2-quart microwave-safe bowl, combine cereal, popcorn, pretzels and nuts; set aside.

2. Place butter in small microwave-safe bowl. Microwave on **HIGH,** 30-60 seconds or until melted. Stir in Worcestershire sauce and seasoning salt. Drizzle over cereal mixture; mix gently to coat.

3. Place cereal mixture in microwave. Microwave on **HIGH,** 4 minutes, stirring after 2 minutes. Turn cereal mixture onto paper towels, spreading evenly. Cool completely. Transfer cereal mixture to large serving bowl. Stir in cranberries.

Makes about 9 cups.

Cookware Tip
Spreading cereal mixture over paper towels will help absorb moisture, avoiding a soggy mix. Placing the paper towels over a cooling rack allows for air circulation and faster cooling time. Store cooled cereal mix in large airtight containers, or in resealable plastic storage bags.

Cookware Tip
Choose a wide-rimmed, microwave-safe bowl to prepare this mixture to allow for easy stirring.

SPINACH DIP IN BREAD BOAT

This is an all-time favorite, and so delicious – you need to be prepared to make another!

1	package (10 oz.) frozen chopped spinach
1	package (8 oz.) cream cheese
4	slices ready-cooked bacon, chopped
1	can (5-1/2 oz.) diced water chestnuts, drained
1/2	cup (2 oz.) grated Parmesan cheese
1/2	cup mayonnaise
2	tablespoons finely chopped onion
1/2	teaspoon chopped garlic
1	loaf (about 1 lb.) bread, unsliced

1. Remove spinach from package. Place spinach in 1-quart microwave-safe bowl. Microwave on **HIGH,** 3-4 minutes. Cool slightly; drain and squeeze spinach to remove any remaining liquid. Return spinach to bowl.

2. To soften cream cheese, place on microwave-safe dish. Microwave on **HIGH,** 30-40 seconds or until softened. Add cream cheese and remaining ingredients (except for bread) to spinach in bowl; mix well. Microwave on **HIGH,** 2-3 minutes, stirring once or until mixture is heated through.

3. Using bread knife, slice off top of bread loaf. Hollow out loaf, reserving bread. Slice reserved bread into cubes. Spoon spinach mixture into loaf. Serve warm with bread cubes.

Makes 10-12 servings.

Ingredient Tip
Chopped garlic is widely available in jars, and can be found in the produce section of supermarkets.

Ingredient Tip
If desired, substitute 1/4 teaspoon garlic powder for chopped garlic.

FIESTA NACHO DIP

This dip is quick and easy to make. Great for pulling together when watching your favorite team on the television!

1	package (8 oz.) cream cheese
1	can (16 oz.) refried beans
1/2	cup chunky style salsa
1/4	cup chopped canned green chilies
1	tablespoon taco seasoning
1	cup (4 oz.) shredded Mexican cheese blend
	Additional toppings such as chopped tomatoes, sliced black olives or sliced green onions (optional)
	Tortilla chips

1. Place cream cheese on microwave-safe dish. Microwave on **HIGH** 30-40 seconds or until softened. Spread cream cheese evenly in 1-quart microwave-safe casserole. In medium bowl combine refried beans, salsa, chilies and taco seasoning. Spread bean mixture over cream cheese; sprinkle with cheese.

2. Microwave on **HIGH** 2-1/2 – 3 minutes or until cheese is melted. Sprinkle toppings over dip, if desired. Serve with tortilla chips.

Makes 8 servings.

Microwave Tip

You can soften cream cheese using the Soften/Melt feature when using the microwave. Place cream cheese on microwave-safe dish.

HOT CRAB SPREAD

This spread is rich, chunky and delicious. Try filling fresh mushroom caps with this mixture for an easy but elegant appetizer.

1	package (8 oz.) cream cheese
1	package (8 oz.) imitation crab meat, finely chopped
1/2	cup mayonnaise
2	thinly sliced green onions, divided
2	teaspoons horseradish
2	teaspoons lemon juice
1	teaspoon Italian seasoning
	Crackers

1. Place cream cheese on microwave-safe dish. Microwave on **HIGH,** 30-40 seconds or until softened.

2. In medium bowl, combine cream cheese, crab meat, mayonnaise, 3 tablespoons green onion, horseradish, lemon juice and seasoning. Spread mixture into 6-inch round microwave-safe casserole. Microwave on **HIGH,** 3-4 minutes or until heated through. Sprinkle remaining green onion over top. Serve with crackers.

Makes 8 servings.

Microwave Tip

You can soften cream cheese using the Soften/Melt feature when using the microwave. Place cream cheese on microwave-safe dish.

SNAPPY GLAZED MEATBALLS

Not only are these meatballs snappy to make – they're saucy!! These favorites will take front row on any buffet table.

1	pound lean ground beef or combination of pork and beef
1	cup chili sauce, divided
1/3	cup fresh bread crumbs
1	egg
2	tablespoons finely chopped onion
1/2	teaspoon chopped garlic
1/4	teaspoon salt
1/4	teaspoon ground black pepper
1	cup grape jelly

1. In medium bowl, combine beef, 1/4 cup chili sauce, bread crumbs, egg, onion, garlic, salt and pepper. Shape meat mixture into 1-inch round balls.

2. Arrange meatballs in 10-inch round microwave-safe casserole. Cover with plastic wrap, leaving a corner open to vent steam. Microwave on **HIGH,** 10-12 minutes or until no longer pink, turning meatballs once after 4 minutes. Remove from microwave; drain away any juices or liquids.

3. Combine remaining chili sauce and jelly in small bowl. Spoon sauce evenly over meatballs. Microwave on **HIGH,** 3 minutes, stirring once to coat, until heated through. Serve immediately.

Makes about 30 meatballs.

Cookware Tip
Remember that casseroles and dishes will be hot at the end of cooking. Always use an oven mitt or pad to remove casseroles and dishes from the microwave.

SPICY BROCCOLI SPREAD

This classic dip has been updated with fresh and ready-prepared ingredients. It's sure to be a crowd pleaser.

1	package (8 oz.) cream cheese
2	cups chopped frozen broccoli
1-1/2	cups (6 oz.) shredded Cheddar cheese, divided
2	tablespoons finely chopped onion
1/2	teaspoon chopped garlic
1/2	teaspoon hot pepper sauce
	Crackers for serving

1. Place cream cheese on microwave-safe plate. Microwave on **HIGH**, 30-40 seconds until softened. Remove cream cheese from microwave; set aside. Place broccoli in 2-quart microwave-safe bowl. Place bowl in microwave; select **Vegetables** from menu panel. Select 2; push Start. When oven signals, remove from microwave.

2. Add cream cheese, 1-1/4 cups cheese, onion, garlic and hot pepper sauce to broccoli in bowl. Mix thoroughly until well combined. Spread mixture into 1-quart microwave-safe casserole. Sprinkle remaining cheese over top.

3. Microwave on **HIGH**, 4-5 minutes or until cheese is melted. Remove from microwave. Cool slightly; serve with crackers.

Makes 8 servings.

Microwave Tip
You can soften cream cheese using the **Soften/Melt** feature on the microwave. Place cream cheese on microwave-safe dish.

DELUXE SCRAMBLED EGGS

Breakfast is not the only time you can enjoy this delicious dish. For a fiesta twist, fill flour tortillas with scrambled eggs and top with shredded Mexican cheese blend and salsa.

1	tablespoon butter or margarine
4	slices ready-cooked bacon, finely chopped
2	tablespoons finely chopped onion
1/4	cup finely chopped green or red bell pepper
6	eggs
1/3	cup sour cream
1/2	cup (4 oz.) shredded cheddar cheese
1/4	teaspoon ground black pepper

1. Place butter in 1-quart microwave-safe casserole. Microwave on **HIGH,** 20-30 seconds or until melted. Tilt casserole to coat bottom.

2. Add bacon, onion and bell pepper to casserole. Microwave on **HIGH,** 1-2 minutes or until vegetables begin to soften. In medium bowl, whisk together eggs and sour cream. Stir in cheese and black pepper.

3. Pour egg mixture into casserole. Microwave on **HIGH,** 3-5 minutes or until eggs are set; stir every 2 minutes. Serve immediately.

Makes 4 servings.

Ingredient Tip
If desired, substitute uncooked bacon slices for ready prepared. Place chopped bacon in 1-quart microwave-safe bowl. Microwave on **HIGH,** 2-3 minutes or until bacon is cooked. Drain well before using.

SLOPPY JOE POTATOES

Sloppy Joe topping dresses up an ordinary baked potato – great anytime.

4	large baking potatoes, rinsed and scrubbed
1	pound lean ground turkey or beef
1/2	cup finely chopped green bell pepper
1/2	teaspoon salt
1/4	teaspoon ground black pepper
1	can (15.5 oz.) sloppy joe sauce
1	cup (4 oz.) shredded cheddar cheese
	Additional toppings such as sour cream, sliced green onions, and chopped tomatoes. (optional)

1. Prick each potato several times using fork. Place on turntable in spoke-like fashion. Select **Baked Potato** from menu panel. When oven signals, turn over potatoes. Press **Start.** Remove from oven; set aside.

2. Crumble turkey into 2-quart microwave-safe casserole. Add bell pepper, salt and pepper. Cover casserole. Microwave on **HIGH,** 5-7 minutes stirring once halfway through cooking, until turkey is no longer pink. Drain. Stir in sloppy joe sauce. Microwave on **HIGH,** 3 minutes or until mixture is heated through.

3. Cut an "X" in top of each potato, and gently squeeze together ends to open. Spoon sloppy joe mixture over potatoes; sprinkle with additional toppings, if desired.

Makes 4 potatoes.

SOUPS & SANDWICHES

Tropical Tuna Melt and Corn & Potato Chowder

When savory soups and sumptuous sandwiches are the order of the day, turn to your microwave for delicious hot foods in a hurry. Spice up your menu with homemade Southwest Chicken Soup; put a refreshing twist on tuna with Tropical Tuna Melts; or create a hearty Hot Chicken Salad Sandwich.

Cook's Tip

Before reheating soups or sauces, stir them thoroughly and continue to stir frequently during heating. Stirring liquids distributes the heat and allows for a good blend.

Cook's Tip

Turning foods during cooking ensures they cook quickly and evenly. Turn foods over from top to bottom.

TROPICAL TUNA MELTS

These open-face tuna sandwiches have a refreshing twist using mango, and are a cinch to make anytime.

1	can (6 oz.) tuna, drained
1/2	cup finely chopped mango
3	tablespoons mayonnaise
2	slices bread
2	slices Swiss cheese

1. In medium bowl, combine tuna, mango and mayonnaise. Place 2 slices of bread over paper towel on microwave-safe dish. Divide mixture evenly between bread slices. Place cheese slices over tuna mixture.

2. Microwave on **HIGH,** 30-45 seconds or until cheese begins to melt. Serve.

Makes 2 sandwiches.

Ingredient Tip

Use breads such as marbled rye or slices of pumpernickel. Or, if bread isn't handy, top over rolls. For a change, try different types of cheese – cheddar or Havarti.

CORN & POTATO CHOWDER

This chowder will satisfy the heartiest of appetites. Serve with slices of fresh bread.

2	medium potatoes, peeled and cut into 1/2-inch cubes (about 2 cups)
6	slices bacon, chopped
1/2	cup finely chopped onion
1/2	cup finely chopped celery
2	cups chicken broth
1	can (14-3/4 oz.) cream style corn
1/2	teaspoon salt
1/4	teaspoon ground black pepper
1/2	cup milk or cream (optional)
	Shredded cheddar cheese for serving (optional).

1. Combine potatoes, bacon, onion and celery in 2-quart microwave-safe bowl. Microwave on **HIGH,** 4-6 minutes or until onion is softened and bacon fat is melted. Drain bacon drippings. Stir in chicken broth. Microwave on **HIGH,** 10-12 minutes or until potatoes are fork tender; stir once after 5 minutes.

2. Add cream style corn, salt and pepper. Microwave on power **Level 4,** 10-12 minutes. Stir in milk, if desired, during last 2-3 minutes of cooking. Ladle into bowls. Top with shredded cheese, if desired.

Makes about 6 cups.

Timing Tip
Stir hot mixtures during microwaving every few minutes to heat evenly.

Ingredient Tip
Add liquids, such as broth, at room temperature. This prevents taking additional time for the liquid to heat.

Cookware Tip
Remember that casseroles and dishes will be hot at the end of cooking. Always use an oven mitt or pad to remove casseroles and dishes from the microwave.

CHILI CON CARNE

Spice up your menu with this hearty homemade chili.

1	lb. lean ground beef
1	cup chopped onion
1/2	cup finely chopped green pepper
1	teaspoon chopped garlic
1	can (16 oz.) dark red kidney beans, rinsed and drained
1	can (15 oz.) black beans, rinsed and drained
1	can (14.5 oz.) diced tomatoes
1	can (8 oz.) tomato sauce
1/2	cup water
1	packet (1.25 oz.) chili seasoning
	Additional toppings such as sour cream, diced avocado, jalapeño slices, shredded cheese and onions (optional).

1. Combine ground beef, onion, green pepper and garlic in 2-1/2 quart microwave-safe casserole. Microwave, covered, on **HIGH,** 5-7 minutes or until beef is no longer pink; stir once halfway through cooking. Drain.

2. Stir in beans, tomatoes, tomato sauce, water and seasoning. Microwave on **HIGH,** 10-12 minutes or until mixture begins to bubble, stirring every 3 minutes. Microwave on power **Level 4,** 15 minutes.

3. Ladle into bowls to serve. Top with additional toppings, if desired.

Makes 6 servings.

Microwave Tip
Using power **Level 4** allows dishes such as soup and chili to simmer, blending and mellowing their flavors even further.

Ingredient Tip
Diced tomatoes are now available in a variety of flavors. Substitute with tomatoes prepared with chilies or roasted garlic and onion to add even more flavor to this dish.

HOT CHICKEN SALAD SANDWICHES

Nothing is more satisfying than a warm and hearty sandwich. These sandwiches are so easy to prepare that kids can make them for themselves.

2	cups (about 10 oz.) cubed cooked chicken
1	cup (4 oz.) shredded cheddar cheese
1/2	cup diced celery
1/3	cup sliced almonds
1/4	cup mayonnaise
1/2	teaspoon Dijon mustard
	salt and pepper to taste
4	sandwich rolls

1. In medium bowl, combine all ingredients (except for rolls). Place bottoms of rolls onto large microwave-safe platter. Divide chicken mixture evenly over each bottom half.

2. Place in microwave. Microwave on **HIGH,** for 1-1/2 – 2 minutes or until cheese begins to melt. Cover each sandwich with roll top. Microwave on **HIGH,** 1 minute or until rolls are heated through. Serve warm.

Makes 4 sandwiches.

Ingredient Tip
Packages of ready-cooked chicken are widely available in the refrigerated section of most supermarkets, and are a great time-saver in the kitchen.

SOUTHWEST CHICKEN SOUP

Pantry items, ready-made chicken broth and cooked chicken are easily combined to make this hearty homemade soup!

1/2	cup finely chopped onion
1/2	cup finely chopped green bell pepper
1	teaspoon vegetable oil
1	tablespoon taco seasoning
1	can (15 oz.) diced tomatoes with green chilies
2	cups prepared chicken broth
1	can (15 oz.) garbanzo beans, drained
2	cups (about 10 oz.) cubed cooked chicken
1/2	cup frozen corn
1	tablespoon fresh lime juice (optional)

1. In 2-quart microwave-safe casserole, stir together onion, pepper, oil and seasoning. Microwave on **HIGH,** 1-2 minutes, stirring once, or until vegetables begin to soften. Add tomatoes and chicken broth. Microwave, covered, on **HIGH,** 5-6 minutes or until mixture begins to bubble. Stir in beans, chicken and corn. Microwave, covered, on **HIGH,** 5 minutes until mixture begins to bubble. Stir in lime juice, if desired.

2. Cover casserole. To simmer, microwave on **Level 4,** 10 minutes on power. Stir before serving.

Makes six, 1-cup servings.

Ingredient Tip
If desired, top each serving with slightly crushed tortilla chips. Substitute garbanzo beans with black beans, if desired.

Ingredient Tip
Packages of ready-cooked chicken are widely available in the refrigerated section of most supermarkets.

SIDES

Cranberry Squash, Corn-in-the-Husk and Fresh Applesauce

Complement any main dish or create an elegant entrée with side dishes that add beauty to your table and please the palate. Prepare smooth and yummy Fettuccini Alfredo restaurant-style sauce to serve over grilled chicken breasts or stuffed tortellini. Add fresh-picked fruit flavor to the menu with Fresh Applesauce. Or turn any dinner into a special occasion with Party Potatoes made with creamy French onion dip.

Cook's Tip

Cutting foods into uniform-sized pieces ensures the most even cooking. Smaller pieces cook more quickly than larger pieces.

Cook's Tip

Piercing foods allows the steam to escape during cooking. Tight skins or membranes on foods such as potatoes, tomatoes and eggs should be pierced to prevent splitting and bursting.

CRANBERRY SQUASH

The green and orange of the acorn squash and the burgundy color of cranberries makes this side dish beautiful. It proudly sides with turkey or roasted pork.

2	acorn squash
1	can (16 oz.) whole berry cranberry sauce
1	teaspoon ground cinnamon

1. Pierce each squash several times. Place on turntable in microwave. Microwave on **HIGH,** 4-5 minutes, turning over halfway through the time. Remove from microwave; let stand 2 minutes. Cut each squash in half, cutting from stem end to point. Remove seeds and stringy membrane. Place squash in 10-inch microwave-safe casserole.

2. In medium bowl, combine cranberry sauce and cinnamon. Distribute mixture evenly into each squash. Cover with lid, leaving corner open to vent steam. Microwave on **HIGH,** 5-7 minutes. Let stand in microwave 2-3 minutes before serving. Spoon any juices over squash before serving.

Microwave Tip
To prevent halves from rocking, cut a small slice off the bottom half to allow the squash to sit flat.

Microwave Tip
Squashes such as acorn or butternut are difficult to slice due to their thick rinds. Microwaving the whole squash for a few minutes makes it easier to cut and prepare. When preparing any thick-skinned squash, pierce several times with a fork or tip of a knife. Place in the microwave directly on the turntable. Microwave on **HIGH,** 4-5 minutes, turning over halfway through time. Cool slightly; slice.

CORN-IN-THE-HUSK

Tender-crisp sweet corn is prepared perfectly in the microwave. It's an ideal side to serve with Easy Barbecue Chicken.

4 ears corn
2 tablespoons water
Butter
Seasoned salt

1. Remove outer husks on corn. Carefully peel back inner husk on corn; remove silk. Cover corn with inner husk and fasten with string.

2. Place corn and water in 10-inch microwave-safe casserole. Microwave on **HIGH,** 8-10 minutes, turning corn over after 4 minutes. To serve, turn back or remove husk and spread with butter and sprinkle with salt, if desired.

Makes 4 servings.

Microwave Tip
You can microwave corn without husks, if desired. Simply wrap each ear in waxed paper and microwave as instructed above.

FRESH APPLESAUCE

The fresh-picked apple flavor is cooked up with a hint of cinnamon. This applesauce is great when served as a side or makes a yummy and healthy snack.

6	large cooking apples, peeled, cored and cut into 1-inch pieces
1	cup apple cider or juice
2	teaspoons lemon juice
1/2	teaspoon ground apple pie spice or cinnamon

1. Combine all ingredients in 3-quart microwave-safe bowl. Cover with plastic wrap, leaving a corner uncovered to vent steam.

2. Microwave on **HIGH,** 7-10 minutes or until apples are tender. Using a potato masher or hand-held blender, blend apple mixture to desired consistency. Serve warm or cover and refrigerate.

Makes 1 quart (4 cups).

Ingredient Tip
Try using a combination of McIntosh and Golden Delicious apples. Or, experiment with your favorites.

Cookware Tip
Applesauce freezes well and can be stored in individual serving-size freezer containers.

BROCCOLI & SPINACH CASSEROLE

This creamy, vegetable casserole is an ideal side to serve with chicken, turkey or ham. It only takes minutes to prepare, and everyone will want a second serving!

1	package (10 oz.) frozen chopped spinach
1	package (16 oz.) frozen chopped broccoli
1-1/2	cups herb-seasoned stuffing mix
1	can (10-3/4 oz.) cream of chicken soup
1/2	cup finely chopped onion
1	cup chicken broth
1	cup (4 oz.) shredded Parmesan or Italian blend cheese

1. Remove spinach from package. Place spinach in 1-quart microwave-safe bowl. Microwave on **HIGH,** 3 minutes. Cool slightly; drain and squeeze spinach to remove any remaining liquid.

2. In large bowl, combine spinach, broccoli, stuffing mix, soup, and onion. Lightly spray 2-quart microwave-safe casserole with no-stick cooking spray. Spoon spinach mixture into casserole, spreading evenly. Pour water over top.

3. Microwave, covered, on **HIGH,** 8-10 minutes or until mixture is bubbling. Remove from microwave; sprinkle cheese over top. Let stand 3 minutes before serving.

Makes 6 servings.

Ingredient Tip
If desired, substitute cream of celery or cream of mushroom soup.

FETTUCCINI ALFREDO

Smooth, creamy and yummy describe this restaurant-style sauce. You can also serve it over grilled chicken breasts or stuffed tortellini.

1	tablespoon butter
1	tablespoon all-purpose flour
1	cup cream
1/4	teaspoon finely chopped garlic
1-1/2	cups (6 oz.) finely shredded Parmesan cheese, divided
1	package (9 oz.) fresh refrigerated fettuccini pasta, cooked

1. Place butter in 1-quart microwave-safe bowl. Microwave on **HIGH,** 20-30 seconds or until melted. Stir in flour, forming a thick paste. Gradually whisk in cream. Stir in garlic.

2. Microwave on power **Level 4,** 4-5 minutes or until sauce begins to bubble (do not boil). Remove from microwave; whisk mixture. Add 1 cup of cheese, whisking until thickened. Drizzle over cooked pasta; toss gently to coat. Serve with remaining cheese.

Makes 4 servings.

Ingredient Tip
Shredded Parmesan cheese is sold in containers or tubs in most deli sections of supermarkets. Using shredded Parmesan cheese works best in this sauce, giving it a smoother and richer consistency.

Microwave Tip
This sauce is extremely easy and foolproof to make in the microwave. Using power **Level 4** allows the mixture to gently simmer to perfection. However, microwaving on **HIGH** will make the sauce boil and separate.

PARTY POTATOES

Who says that French onion dip is just for chips? Serve these rich, creamy and flavorful potatoes, and make any dinner a party!

4	large potatoes (about 3 pounds), peeled and cut into 1-inch pieces
1/2	cup chicken broth
1	container (8 oz.) French onion dip
1/4	cup milk
	Salt and pepper to taste
	Toppings: Green onion slices, snipped chives or shredded cheese, if desired.

1. Place potatoes and broth in 2-quart microwave-safe bowl. Cover with lid, leaving corner open to vent steam. Microwave on **HIGH,** 16-18 minutes, stirring once after 8 minutes or until potatoes are cooked.

2. Add dip and milk. Mash potatoes until smooth and creamy. Microwave on **HIGH,** 3-4 minutes. Sprinkle with toppings, if desired. Serve immediately.

Makes 4-6 servings.

Ingredient Tip
Cutting potatoes into uniform pieces helps them to cook quickly and evenly.

Microwave Tip
If your bowl does not have a lid, use microwave-safe plastic wrap to cover, leaving a corner open to vent steam.

CASHEW SWEET POTATOES

You no longer need to wait for the holidays to have baked sweet potatoes.

3	sweet potatoes
1	cup orange juice
1/4	cup brown sugar, firmly packed
1/4	teaspoon ground cinnamon
1/8	teaspoon salt
1	tablespoon butter
1/4	cup chopped cashews or almonds

1. Pierce each sweet potato several times with fork. Arrange sweet potatoes in a spoke-like fashion on paper towel on turntable. Select **Baked Potato** on menu panel. When microwave signals, turn over potatoes. Press **Start.** Remove sweet potatoes from microwave; allow to cool.

2. In small microwave-safe bowl, combine orange juice, brown sugar, cinnamon and salt. Microwave on **HIGH,** 1–1-1/2 minutes or until mixture is thickened. Stir in butter.

3. Peel sweet potatoes. Cut crosswise into 1-inch thick round pieces. Lightly spray 1-quart microwave-safe casserole with no-stick cooking spray. Place sweet potatoes in casserole. Pour sauce over top and sprinkle evenly with cashews. Microwave on **HIGH,** 2 minutes or until heated through.

Makes 6 servings.

SMOKEY HAM & BEAN BAKE

You no longer need to wait for hours for this oven-baked favorite. It is ready to serve in less than an hour.

2	cans (1 lb. 13 oz. each) pinto beans
3	cups (1 lb.) cubed cooked or smoked ham
1/2	cup chopped green bell pepper
1/2	cup chopped onion
1	cup ketchup
1/2	cup hickory-smoked flavor barbecue sauce
1/4	cup brown sugar, firmly packed
1	tablespoon Worcestershire sauce
1/2	teaspoon chopped garlic
1/2	teaspoon hot pepper sauce (optional)

1. Drain beans, reserving 1/4 cup of liquid. Combine all ingredients and reserved bean liquid in large mixing bowl. Lightly spray 2-1/2-quart microwave-safe casserole with no-stick cooking spray. Turn bean mixture into prepared casserole.

2. Microwave, covered, on **HIGH,** 10-12 minutes or until mixture begins to bubble; stir once halfway through cooking. Microwave on power **Level 4,** 20 minutes, stirring after 10 minutes. Remove from microwave; let stand 6-8 minutes before serving.

Makes 8 servings.

Ingredient Tip
Substitute 1/2 teaspoon of garlic powder for chopped garlic.

Ingredient Tip
Cubed ham is readily available in 1-pound packages and can be found in the refrigerator section with packaged deli meats.

Ingredient Tip
If large-size cans of pinto beans cannot be found, use three 16-ounce cans.

Microwave Tip
Using power **Level 4** allows dishes such as soup, chili and bean bakes to simmer, blending and mellowing their flavors even further.

SAVORY MAIN DISHES

Oriental Pork

Your microwave oven is the perfect partner when it's time to create the main event....your entree. There's no need to bake and wait with recipes such as Easy Barbecue Chicken, on the table in about a half hour. Don't even think about take-out when you prepare Oriental Pork, ready in minutes. Or, instead of waiting for a pizza delivery, combine favorite toppings into Pepperoni Pizza Pasta, a cheesy casserole that's perfect with a crisp green salad.

Cook's Tip

Food continues to heat and cook at the end of microwave cooking. Cover foods and allow them to rest at the end of cooking time if recommended in a recipe. This is particularly important for larger quantities or very dense foods.

Cook's Tip

If the meat or poultry is served with a sauce or gravy, spoon some over the food before reheating to keep it moist.

ORIENTAL PORK

No need to order take-out. This dish cooks up and is ready to serve in minutes.

1	(18.4 oz.) extra lean pork tenderloin teriyaki, cut into 1/2-inch pieces
1	package (16 oz.) fresh stir-fry vegetable medley
1/4	cup teriyaki sauce
2	teaspoons vegetable oil
	Cooked rice, optional

1. Lightly spray 2-quart microwave-safe casserole with no-stick spray. Place pork in casserole. Microwave, covered, on **HIGH,** 5-6 minutes, stirring once after 3 minutes. Drain pork. Stir in vegetables. Drizzle sauce and oil over top.

2. Microwave, covered, on **HIGH,** 5-6 minutes until pork is cooked and vegetables are crisp tender. Serve with hot, cooked rice, if desired.

Makes 4 servings.

Ingredient Tip

If you do not have teriyaki sauce in your cupboard, in small bowl, combine the following ingredients:

3	tablespoons soy sauce
3	tablespoons ketchup
1	tablespoon brown sugar
1	teaspoon ginger
1/2	teaspoon chopped garlic

Drizzle over pork as recipe directs.

CHICKEN & VEGETABLE CASSEROLE

Zucchini, carrots and celery are served up together tender crisp with moist chicken and stuffing. A quick and easy one dish meal for the family on the go!

1	package (6 oz.) stuffing mix for chicken, divided
1	cup chicken broth
1	lb. boneless, skinless chicken breasts cut into 1-inch pieces
2	medium carrots, peeled and cut into ¼-inch rounds (about 1-1/2 cups)
2	ribs celery, finely chopped (about 1 cup)
1	medium zucchini, chopped (about 2 cups)
1	can (10-3/4 oz.) cream of chicken soup
1/2	cup sour cream

1. Lightly spray 2-quart microwave-safe casserole with no-stick cooking spray. Sprinkle 1/2 cup stuffing mix evenly over bottom of casserole. Place chicken broth in 1-quart microwave-safe bowl. Microwave on **HIGH,** 1-2 minutes or when it begins to bubble. Add remaining stuffing mix. Mix well; set aside.

2. Distribute chicken pieces evenly over stuffing mix in casserole. Distribute carrots, celery and zucchini evenly over chicken. In small bowl, mix chicken soup and sour cream; spoon soup mixture over vegetables. Top with reserved stuffing mixture.

3. Microwave on **HIGH,** 16-18 minutes until mixture is bubbling and chicken is cooked. Allow casserole to rest in microwave 3 minutes before serving.

Makes 6 servings.

Ingredient Tip
For those who are health-conscious, use low sodium chicken broth and chicken soup.

Ingredient Tip
Prepared chicken broth is widely available in resealable cartons. This makes it easy to use what you need within your recipes. Then refrigerate any remaining broth for later use.

Timing Tip
Always use completely thawed chicken when microwaving. Using partially thawed or frozen chicken may alter times required to cook thoroughly.

CHUNKY VEGETABLE MEAT SAUCE

Nothing tastes better than homemade sauce. Serve this chunky Tuscan-style sauce over cooked pasta, and sprinkle with freshly grated Parmesan cheese.

1 medium yellow onion, coarsely chopped
1 green bell pepper, coarsely chopped
2 teaspoons chopped garlic
1 lb. lean ground beef
1 can (28 oz.) diced tomatoes
1 can (8 oz.) tomato paste
1 teaspoon sugar
1 teaspoon basil

1. Lightly spray 2-quart casserole with no-stick cooking spray. Place onion, green bell pepper and garlic in casserole. Crumble ground beef into casserole. Microwave, covered, on **HIGH,** 5-7 minutes, stirring after 3 minutes, or until beef is no longer pink; drain.

2. Add diced tomatoes, tomato paste, sugar and basil. Return casserole to microwave. Microwave on **HIGH,** 5 minutes or until mixture begins to bubble. To simmer, microwave on power **Level 4,** 15 minutes; stir every 5 minutes. Remove from microwave. Serve over hot cooked pasta.

Makes about 5 cups sauce.

Cookware Tip
If not using sauce immediately, divide sauce among 1-quart freezer safe containers; cover and freeze for later use.

Ingredient Tip
Small-size cans (14.5 oz.) of diced tomatoes are now widely available in different flavors. If desired, substitute 2 cans (14.5 oz.) roasted garlic and onion or Italian-style diced tomatoes for even more flavor.

CREOLE FISH FILLETS

This fish dish is guaranteed to please, and perfect for two! Serve along with "dirty" rice for a perfect Creole combo.

1/2	cup finely chopped onion
1/2	cup finely chopped green bell pepper
1/2	cup finely chopped celery
1	can (14.5 oz.) roasted garlic and onion diced tomatoes
1/2	teaspoon hot pepper sauce
2	teaspoons lemon juice
2	cod tenderloin or orange roughy fillets (about 6 oz. each)
1/4	teaspoon salt
1/4	teaspoon paprika (optional)

1. Lightly spray 2-quart microwave-safe casserole with no-stick cooking spray. Place onion, bell pepper and celery in casserole. Microwave, covered, on **HIGH,** 2-3 minutes or until vegetables are crisp tender. Stir in tomatoes, hot pepper sauce and lemon juice.

2. Place fillets in casserole, nestling between vegetables. Sprinkle with salt and paprika, if desired. Microwave, covered, on power **Level 7,** 8-10 minutes or until fish flakes easily with fork. Let stand in microwave 2-3 minutes before removing.

Makes 2 servings.

Ingredient Tip
Diced tomatoes are available in a variety of flavors. If you cannot find roasted garlic and onion diced tomatoes, substitute 1 can (14.5 oz.) diced tomatoes and add 1/2 teaspoon of finely chopped garlic.

Timing Tip
A general rule is to allow 3-7 minutes per pound of fish fillets. Microwaving on power **Level 7** allows fish to cook and be flaked easily with a fork, without overcooking or becoming tough. Always check fish at minimum cooking time to avoid overcooking.

Microwave Tip
Make certain that fish is completely thawed prior to microwaving.

Cookware Tip
Always use a tight-fitting cover when microwaving fish. Lighter covers such as wax paper or paper towels allow steam to escape.

EASY BARBECUE CHICKEN

There is no need to bake and wait for barbecue chicken. Dinner is ready and can be served in about 30 minutes.

1 (4 lb.) broiler chicken, cut into 8 pieces
1-1/2 cups hickory-smoke-flavored barbecue sauce, divided

1. Lightly spray 10-inch round microwave-safe casserole with no-stick cooking spray. Arrange chicken pieces bone-side down in casserole with thickest portions toward the outside of the casserole. Brush 1 cup barbecue sauce evenly over chicken pieces.

2. Microwave, covered, on power **Level 7,** 25-30 minutes, turning over chicken pieces once after 15 minutes. Chicken is done when meat thermometer reads 170ºF when inserted in thickest portion of thigh. Let stand 8-10 minutes before serving.

3. Before serving, place remaining barbecue sauce in small microwave-safe bowl. Microwave on **HIGH,** 45-60 seconds or until heated. Brush over chicken pieces before serving.

Makes 4 servings.

Ingredient Tip
Always make certain chicken is thoroughly defrosted prior to microwaving.

Microwave Tip
Temperature of microwaved food will continue to rise during standing time.

Cookware Tip
Use a deep, wide-rimmed microwave-safe casserole to prevent juices from spattering.

FANCY FISH FOR ONE

Colorful vegetables and perfectly cooked fish make eating solo very satisfying.

1/2	small zucchini, sliced into 1/4-inch thick rounds (about 1/2 cup)
1/2	cup thinly sliced carrots
1/4	cup finely chopped onion
1/2	teaspoon thyme, divided
1	orange roughy fillet (about 6 oz.)
1/4	teaspoon salt
1	tablespoon butter
1	lemon slice

1. Arrange zucchini, carrots and onion in 1-quart microwave-safe casserole; sprinkle with 1/4 teaspoon thyme. Place fish fillet over vegetables; sprinkle with remaining thyme and salt. Dot butter over fillet and vegetables. Place lemon slice over fish fillet.

2. Microwave, covered, on power **Level 7,** 5-7 minutes or until fish flakes easily with fork. Let stand, covered, 2-3 minutes before serving.

Timing Tip
A general rule is to allow 3-7 minutes per pound of fish fillets.

Microwave Tip
Microwaving on power **Level 7** allows fish to cook and be flaked easily with a fork, without overcooking or becoming tough. Always check fish at the minimum cooking time to avoid overcooking.

Ingredient Tip
Make certain that fish is completely thawed prior to microwaving.

Cookware Tip
Always use a tight-fitting cover when microwaving fish. Lighter covers such as wax paper or paper towels allow steam to escape.

PEPPERONI PIZZA PASTA

This cheesy pasta casserole combines all the pizza favorites! Serve with a crisp green salad.

2	cups uncooked penne pasta
1	can (15 oz.) pizza sauce
1	package (3 oz.) thick-sliced pepperoni
1/2	cup chopped green bell pepper
1/2	cup chopped onion
1	can (4 oz.) sliced mushrooms, drained
1	teaspoon Italian seasoning
1	cup water
1	cup (4 oz.) shredded Italian cheese blend

1. Lightly spray 2-quart microwave-safe casserole with no-stick cooking spray; set aside. In large bowl, combine pasta, pizza sauce, pepperoni, bell pepper, onion, mushrooms, and Italian seasoning. Turn mixture into casserole. Pour water over pasta mixture; cover.

2. Microwave on **HIGH,** 7-9 minutes or until mixture is bubbling. Remove lid; stir. Microwave on power **Level 3,** 10-12 minutes until noodles are tender and liquid is absorbed. Top with shredded cheese. Let stand, covered, 3-5 minutes or until cheese is melted.

Makes 4-6 servings.

ITALIAN STYLE MEAT LOAF

Everyone loves the flavor combinations found in this meat loaf, so much so, they will be asking for seconds.

1-1/2	lbs. lean ground beef
1	can (15 oz.) pizza sauce, divided
1-1/2	cups (6 oz.) shredded Italian blend cheese
1/2	cup dried bread crumbs
1	egg
1/2	teaspoon oregano
1/2	teaspoon basil
1/2	teaspoon salt
1/4	teaspoon ground black pepper

1. Lightly spray 10-inch square microwave-safe casserole with no-stick cooking spray. In large bowl, combine beef, 1/2 cup pizza sauce, cheese, bread crumbs, egg, seasonings, salt and pepper; mix well. Shape meat mixture to form a 9- x 5-inch loaf. Place loaf in casserole. Cover casserole with lid, leaving corners open to vent steam.

2. Microwave on power **Level 5,** 18-22 minutes or until meat thermometer reads 160ºF when inserted in center of loaf. Remove from microwave; let stand 5 minutes before slicing.

3. Place remaining pizza sauce in small microwave-safe bowl. Microwave on **HIGH,** 15-20 seconds or until heated through. Top each serving, as desired, with pizza sauce.

Makes 6 servings.

Cookware Tip

If your casserole does not have a lid, use microwave-safe plastic wrap and cover, leaving a corner open to vent steam. Avoid having plastic wrap come into contact with meat loaf.

TACO SALAD

A tasty taco twist! A seasoned beef mixture tops a bed of lettuce, chopped tomatoes and crushed tortilla chips.

1	lb. lean ground beef
1/2	cup water
1	packet (1-1/4 oz.) taco seasoning
1	head lettuce
2	tomatoes, chopped
3	cups tortilla chips or corn chips, slightly crushed
1	package (1-1/2 cups) shredded Mexican cheese blend
	Sour cream, salsa, sliced black olives (optional).

1. Lightly spray 2-quart microwave-safe casserole with no-stick cooking spray. Crumble beef in casserole. Microwave, covered, on **HIGH,** 5-7 minutes or until beef is no longer pink, stirring after 3 minutes. Drain. Stir in water and seasoning mix. Microwave on **HIGH,** 2-3 minutes or until mixture thickens.

2. Tear lettuce into bite-size pieces; place in large serving bowl. Add tomatoes and corn chips. Toss gently to combine. Spoon beef mixture over salad; sprinkle cheese over top. Serve immediately. Top each serving with sour cream, salsa and sliced black olives, if desired.

Makes 4 servings.

Ingredient Tip
The seasoned beef mixture can also be used as a filling for burritos or in crispy taco shells.

Cookware Tip
If desired, plate salad into individual dishes, and distribute meat mixture over each serving. Top with additional toppings, as desired.

SWEETS AND TREATS

Fresh Strawberry Pie

What better way to top off your meal than with a delicious dessert? Using these time-saving recipes, you can create Heavenly Tarts made with devilishly rich chocolate... Marvelous Marble Cheesecake served with fresh raspberries...or even Fresh Strawberry Pie, an easy-to-prepare treat bursting with fresh fruit flavor. There's no need to heat up the kitchen or spend hours away from other activities. People will think you cooked for hours!

Cook's Tip

Toast nuts and coconut flakes by spreading them on a microwave-safe dish and microwaving for 30 second intervals, stirring each time until toasted.

Cook's Tip

Fresh and dried fruits can be poached in microwaves either individually or in your choice of combinations for a quick and delicious dessert.

FRESH STRAWBERRY PIE

Fresh strawberry pie can be enjoyed year round! This pie is easy to prepare and every bite bursts with fresh fruit flavor.

1-1/2	lbs. (about 5-6 cups) fresh strawberries, rinsed and hulled, divided
1	cup granulated sugar
3/4	cup water, divided
1	tablespoon orange juice
1	teaspoon orange zest
1/4	cup cornstarch
1	(9-inch) prebaked pie crust
	Whipped topping (optional)

1. Finely chop 2 cups of strawberries. Combine strawberries, sugar, 1/2 cup water, orange juice and orange zest in 2-quart microwave-safe bowl. Microwave on **HIGH,** 2 minutes; stir after 1 minute. Combine cornstarch and remaining 1/4 cup water in small bowl. Stir into strawberry mixture. Microwave on **HIGH,** 4-5 minutes, stirring once or until mixture thickens. Remove from microwave.

2. Slice remaining strawberries in half. Stir into thickened strawberry mixture; spoon into pie crust. Refrigerate 3-4 hours or until filling is set. Top with whipped topping, if desired.

Makes 8 servings.

BAKED CARAMEL APPLES

Even elegant desserts can be made in the microwave. These apples are crisp tender and served with a luscious caramel sauce. Equally delicious using pears.

1	tablespoon butter
1/4	cup brown sugar, firmly packed
1/4	cup cream
2	medium apples
1/4	cup chopped pecans or walnuts (optional)

1. Place butter in 1-quart microwave-safe bowl. Microwave on **HIGH,** 30 seconds or until butter is melted. Stir in brown sugar and cream. Microwave on **HIGH,** 2-3 minutes stirring every 30 seconds until mixture thickens. Remove from microwave; set aside to cool slightly.

2. Cut apples in half lengthwise (from stem end to bud end). Remove core from each apple half. Arrange apples, cut side up in 8-inch square microwave-safe casserole. Microwave on **HIGH,** 2-3 minutes or until apples are crisp tender.

3. Place apple halves onto individual serving plates. Spoon sauce over apples. If desired, sprinkle pecans over tops.

Makes 4 servings.

Microwave Tip
If desired, this sauce can be made in advance, refrigerated and reheated before serving.

Ingredient Tip
Use apples such as Gala, Golden Delicious, Jonagold or Roma.

Ingredient Tip
If desired, serve these apples with a scoop of vanilla ice cream.

Timing Tip
Microwaving sugar mixtures causes them to bubble and rise. Always stir mixtures every 30 seconds to avoid bubbling over. Always use a deep bowl when preparing any sugar mixtures or sauces.

CARAMEL MALLOW SAUCE

Serve this delectable sauce over ice cream or slices of pound cake. Sliced bananas, apples or pears would make a perfect dipper for this sauce.

15	large white marshmallows
15	milk caramel candies (wrappers removed)
1/2	cup milk
1	tablespoon butter or margarine

1. Place ingredients in 2-quart microwave-safe bowl.

2. Microwave on **HIGH,** 1-2 minutes; stir mixture. Microwave on **HIGH,** 2 minutes stirring every 30 seconds until mixture is melted and smooth. Serve warm.

Makes about 1 cup.

Timing Tip
Marshmallows puff and swell while microwaved. To avoid mixture from bubbling over, always stir after every 30 seconds.

Cookware Tip
Sugar mixtures bubble and rise during microwaving. Always use a deep microwave-safe bowl when preparing sugar mixtures.

CHOCOLATE NUTTY CLUSTERS

Kids gobble up these fun sweet treats. So make some more, as the recipe is easy to double!

1	cup milk chocolate morsels
1	tablespoon peanut butter
2	cups chow mein noodles
1/4	cup cocktail peanuts

1. Line baking sheet with wax paper; set aside. Place chocolate morsels and peanut butter in 2-quart microwave-safe bowl. Microwave on **HIGH,** 1-1/2 – 2 minutes, stirring every 30 seconds or until chocolate is melted and smooth. Stir in chow mein noodles and peanuts, mixing until coated.

2. Using a tablespoon, drop chocolate mixture onto wax paper. Refrigerate 1 hour or until chocolate hardens and clusters become firm. Remove from refrigerator; store at room temperature in airtight container.

Makes about 20 clusters.

Timing Tip
When melting chocolate in the microwave, always stir every 30 seconds to prevent chocolate from overheating or burning along the edges. Chocolate morsels usually hold their shape when melted.

Cookware Tip
Make certain that all utensils and the bowl are completely dry and free of any water droplets. Water can cause the melted chocolate to "seize" and become gritty or hardened.

CRUNCHY TROPICAL GRANOLA

This wholesome snack is perfect alone or served over yogurt, ice cream and even sprinkled over peanut butter sandwiches.

1/4	cup (1/2 stick) butter or margarine
1	teaspoon vanilla
3	cups old-fashioned rolled oats
3/4	cup sweetened flaked coconut
3/4	cup sliced almonds
1/4	cup brown sugar, firmly packed
1/4	cup honey
3/4	cup dried tropical fruit mix

1. Line a 10- x 17-inch pan with wax paper; set aside. Place butter in small microwave-safe bowl. Microwave on **HIGH,** 45-60 seconds or until melted; add vanilla and stir. In 2-quart microwave safe bowl, combine oats, coconut, almonds and brown sugar. Drizzle honey and melted butter mixture over top; mix well.

2. Microwave on **HIGH,** 4-5 minutes, stirring every 2 minutes. Spread granola into prepared pan. Cool completely. Break apart any large pieces that may have stuck together. Stir in dried fruit. Store in airtight container at room temperature for up to 2 weeks.

Makes about 5 cups.

HEAVENLY TARTS

These tarts are devilishly rich in chocolate – thank heaven they are so easy to make.

1/2	cup whipping cream
6	squares (1 oz. each) bittersweet or semisweet chocolate, chopped
1/2	teaspoon vanilla or rum extract
4	mini graham cracker pie crusts
	Whipped cream and strawberry slices (optional)

1. Place whipping cream in 2-quart microwave-safe bowl. Microwave on **HIGH,** 1- 1-1/2 minutes or until cream begins to bubble. Add chopped chocolate, stirring until melted and smooth. Stir in vanilla extract.

2. Evenly fill pie crusts with chocolate mixture. Refrigerate 2-4 hours or until filling is set. Top each tart with whipped cream and strawberry slices, if desired.

Makes 4 tarts.

Ingredient Tip
Premium baking chocolate bars and squares are widely available in the baking section of supermarkets.

Timing Tip
If refrigerating tarts for a longer period of time, remove from refrigerator 45 minutes before serving.

Microwave Tip
If chocolate does not melt completely, return bowl to microwave. Microwave on **HIGH**, 20-30 seconds, stirring at end of cooking until chocolate is smooth.

MARVELOUS MARBLE CHEESECAKE

This dessert is great to make when it's too hot to bake. Serve with fresh raspberries or raspberry puree.

Crust

4	tablespoons butter or margarine
1	cup graham cracker crumbs
2	tablespoons granulated sugar

Filling

2-1/2	packages (8 oz. each) cream cheese
3/4	cup granulated sugar
3	eggs
1	teaspoon vanilla extract
1/2	cup semisweet chocolate morsels
1-1/2	tablespoons milk or cream

1. Place butter in 9-inch round pie plate. Microwave on **HIGH,** 30-45 seconds or until melted. Add crumbs and sugar; mix well. Press mixture firmly in bottom of pie plate. Place plate in microwave; microwave on HIGH, 30 seconds. Remove from microwave; set aside.

2. Place cream cheese on microwave-safe dish. Microwave on **HIGH,** 1-2 minutes or until softened. Place softened cream cheese in large bowl. Beat cream cheese using electric mixer until smooth. Add sugar; mix well. Add eggs, one at a time, mixing well after each addition. Stir in vanilla extract. Pour cream cheese mixture over graham cracker crust.

3. Place chocolate morsels and milk in small microwave-safe bowl. Microwave on **HIGH,** 30-60 seconds, stirring every 20 seconds until melted and smooth. Spoon chocolate mixture over cream cheese mixture. Using a knife, swirl chocolate into filling.

4. Microwave on power **Level 4**, 16-18 minutes or until outer edge is set and center jiggles slightly. Remove from microwave; cool completely. Refrigerate 4-6 hours until ready to serve.

Microwave Tip

Use power **Level 4** when microwaving to avoid overcooking custard-like mixtures such as cheesecakes.

PEANUT BUTTER FUDGE

This fudge is as easy as 1-2-3. Make up a few batches for easy gift giving!

1	cup (2 sticks) butter, plus additional butter for greasing pan
1	cup creamy peanut butter
1	teaspoon vanilla extract
3-1/4	cups powdered sugar

1. Grease an 8-inch square pan with butter. Line with wax paper; set aside. Place butter and peanut butter in 2-quart microwave-safe bowl. Microwave on **HIGH,** 1-1/2 minutes until butter is melted and bubbles. Stir, mixing well. Return bowl to microwave. Microwave on **HIGH,** 1-1/2 additional minutes.

2. Stir in vanilla extract; mixture will begin to bubble up sides of bowl. Add powdered sugar; stir until thickened and well blended. Spread fudge mixture into prepared pan. Smooth over surface. Place a piece of wax paper over surface of fudge. Refrigerate 1-2 hours or until firm. Cut into squares. Store fudge in airtight container at room temperature.

Makes 24 pieces.

SIMPLE STRAWBERRY PRESERVES

Summertime is not the only time you can make strawberry preserves. Frozen strawberries are widely available and perfect for preserves.

1	package (1 lb.) frozen whole unsweetened strawberries
1-1/2	cups granulated sugar
1	teaspoon lemon juice
1/2	teaspoon lemon zest
1/3	cup water
2-1/2	tablespoons no-sugar-needed fruit pectin powder

1. Place strawberries into 2-1/2-quart microwave-safe bowl. Microwave on **HIGH,** 3-4 minutes or until strawberries are thawed. Crush strawberries using potato masher (about 2 cups crushed). Stir in sugar, lemon juice and zest.

2. Place strawberry mixture into microwave. Microwave on **HIGH,** 5 minutes or until mixture begins to bubble. Remove from microwave. Stir in water and pectin. Microwave on **HIGH,** 5-8 minutes, stirring every 2 minutes, until mixture bubbles and begins to thicken. Remove from microwave; transfer to jars. Seal jars; cool. Refrigerate for up to 2 weeks.

Makes about 2-1/2 cups.

Ingredient Tip
No-sugar-needed fruit pectin powder allows you to reduce the amount of sugar added to preserves, making this a lower-in-sugar and healthier option.

Microwave Tip
Sugar mixtures bubble and rise during microwaving. Stirring mixtures every few minutes prevents bubbling over.

WHITE CHOCOLATE BARK

White chocolate is blended with bright, tart dried cranberries and pecans.

12 squares (1 oz. each) white chocolate, coarsely chopped
1/2 cup sweetened dried cranberries
1/2 cup chopped pecans

1. Line a 10-inch square baking pan with wax paper; set aside. Place chocolate in 1-quart microwave-safe bowl. Microwave on **HIGH,** 3-4 minutes, stirring once every minute until chocolate is smooth and melted.

2. Stir in cranberries and pecans. Spread mixture into prepared pan; smooth surface. Refrigerate 1 hour or until set. Using edges of wax paper lift, and remove chocolate from pan. Break chocolate into pieces. Store candy between pieces of wax paper in airtight container.

Makes 1-1/4 pounds bark candy.

Ingredient Tip
White chocolate chips were created to maintain their shape while baked. Use white chocolate baking squares or bar chocolate for best results.

Ingredient Tip
Substitute 1 package (12 oz.) semisweet chocolate morsels for white chocolate if desired. Place morsels in 2-quart microwave-safe bowl. Microwave on **HIGH,** 2-4 minutes, stirring every 30 seconds until chocolate is smooth and melted.

Ingredient Tip
If desired, substitute sliced almonds or chopped hazelnuts for pecans.